

Meats, Fish and Poultry From the Can Save Summer Cooking

By VIRGINIA CARTER LEE

To lighten the summer cooking and yet furnish appetizing, palatable meals is the aim of every home-maker during the summer. Roasts, fried fish and kindred heavy dishes should be avoided, and simpler edibles that require short cooking or that can be prepared in the early morning selected instead.

In this connection the different varieties of canned fish, poultry and meat are recommended, for as they have already been cooked they merely require reheating, or, if combined with raw meat, as in the headcheese, half the meat is prepared and only the veal has to be cooked.

In all instances where canned goods are used (save those put up in oil) the contents of the can should be quickly rinsed in cold water; immediately drained and exposed to a current of air for at least half an hour. Also remember that as the canned commodities have been cooked, long after-cooking will cause them to fall apart and become tasteless.

Grilled sardines on savory toast will be found a delightful summer luncheon dish. Chili sauce, thick catsup or sweet pickles may be used to spread the buttered toast, after which two grilled sardines are laid on each slice and it is served immediately with slices of lemon.

Canned lamb's tongues can now be purchased and they are very good. For a change in serving them, scald in a spiced vinegar, made from a cupful of vinegar, six whole cloves, a slice of onion, a bit of stick cinnamon, eight allspice, a blade of mace and a teaspoonful of celery seed. Season to taste with salt and paprika and simmer the vinegar for five minutes before the

tongues are added. Allow them to just reach the boiling point, remove from the fire, turn into a china bowl and let stand over night. Canned tongues are also very good sliced and reheated in a brown gravy flavored with Worcestershire sauce.

The combination sandwiches for Thursday's luncheon can be made of bits of the beef roll run through the meat grinder and mixed with bits of vegetables, a little shredded lettuce or cress and a few chopped stuffed olives. Moistened with a boiled or mayonnaise dressing and use with graham or brown bread.

Supplies for the week will include at the butcher's a quarter of a pound of bacon at 40 cents a pound, one-half pound of stewing veal at 35 cents a pound, one pound of flank steak at 35 cents a pound, four veal kidneys at 15 cents each, a knuckle of veal for 20 cents and two ounces of smoked beef for 8 cents.

No fresh fish is used during the week and the canned products, comprising both fish and meat, will cost as follows: One can of tuna fish for 40 cents, one can of chopped or minced ham for 22 cents, one can of sardines for 25 cents, one can of lobster for 35 cents, one can of lamb tongues for 45 cents, one can of boned chicken for 50 cents and a small can of crab meat for 25 cents.

Other food supplies will consist of dairy products, \$3.78 (milk and cream \$1.30, eggs \$1.36 and butter and oleo \$1.12). The cost of vegetables and fruit is estimated in the marketing list made up for four persons.

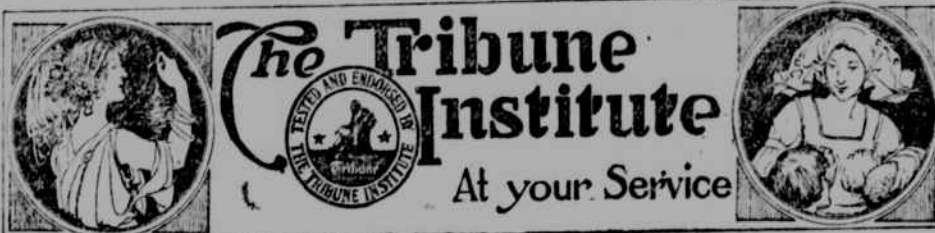
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|---------------------------|----------------|
| Butcher's bill..... | \$1.46 |
| Canned meat and fish..... | 2.42 |
| Dairy supplies..... | 3.78 |
| Fruits..... | 2.12 |
| Vegetables..... | 2.08 |
| Groceries..... | 4.14 |
| Total..... | \$16.00 |



Let the Canner Do it

At any season fuel and labor are worth saving, but in July and August such thriftiness is doubly effective. Meats, fish and chicken are canned with difficulty if not with actual danger in the home kitchen, and pressure canners are really needed for perfectly satisfactory work. Then, too, these foods if bought raw call for prolonged cooking, and so it comes that the canned foods, which are already cooked by the necessary processing, come in very handy for many summer dishes if one knows how to use them skillfully. Not only the recipes but the directions for handling these foods as taken from the can will give very superior results if followed.

Nothing is to be feared from first class brands of these goods. Up-to-date methods make these foods as safe as any—but naturally they will spoil after coming from the can as readily as any other flesh food, unless promptly used. A. L. P.



TESTED RECIPES

Tuna Fish in Cucumber Jelly

Open a can of tuna fish, rinse quickly in cold water and expose to the outside air for at least half an hour; then flake in small particles. To prepare the jelly pare two cucumbers, slice, and place in a saucepan. Add a tablespoonful of nasturtium seeds, a slice of onion, a teaspoonful of celery seed, a slice of minced green pepper, half a teaspoonful of powdered sweet herbs and cold water to cover. Season to taste with salt and simmer until the cucumber is very tender. Press through a sieve, add a tablespoonful of lemon juice, a quarter of a teaspoonful of paprika and for each cupful of vegetable liquid use three-quarters of a tablespoonful of gelatine softened in three tablespoonfuls of cold water. When the gelatine is dissolved, color with a few drops of green vegetable coloring matter, cool and with the assistance of the jelly mould the tuna fish in layers with slices of hard boiled eggs, bits of feathery parsley and sliced stuffed olives. Chill on the ice and serve unmoulded. All cooked fish is delicious served in this way and canned salmon, lobster and flaked crab meat may also be used.

Cold Veal Kidney Pie

Use four veal kidneys and a small knuckle of veal with a little meat attached. Sauté the kidneys cut in slices in hot shortening, cover with water, add a slice of onion and simmer until they

are tender. Add salt and pepper after they have cooked for ten minutes. For the jelly cover the cracked veal knuckle with cold water, add salt and pepper, a sliced onion, carrot, turnip and green pepper and simmer until the meat falls from the bones. Shred the veal and pack into a mould with the kidneys and a few cooked green peas. Boil down the strained veal liquor until reduced to a cupful, season with a teaspoonful of Worcestershire sauce or catsup and pour over the meat. Set in the ice chest and when ready to serve cover with a baked pastry cut to fit the dish.

Frozen Cheese Salad

Prepare a custard from a scant pint of milk, two beaten eggs and half a teaspoonful of salt. Cook over hot water and when it begins to thicken stir in a heaping tablespoonful of grated cheese, half a teaspoonful of paprika and half a teaspoonful of mixed mustard. Remove from the fire as soon as the cheese is melted and stir in one tablespoonful of chopped canned pimientos. Cool and freeze as for ice cream, repack in a brick mould and pack in ice and rock salt for three hours. Serve sliced and laid on chilled lettuce leaves that have been dipped in French dressing.

Curried Lobster in Cucumbers

Use a 35-cent can of lobster, treat like the tuna fish and flake in small particles. Peel two large cucumbers, cut in halves lengthwise and boil in salted water with a slice of onion until they can be pierced with a straw. Chill and remove the centres from each. Prepare one cupful of cream sauce, season to taste with salt, paprika and curry powder and add the lobster meat, one chopped hard boiled egg and a tablespoonful of minced parsley. Reheat over hot water and fill into the drained cucumber shells.

Monday

BREAKFAST

Red Raspberries with Dry Cereal
Top of the Bottle
Thin Bread and Butter Watercress
Coffee
LUNCHEON
Spanish Omelet Toast
Fruit Salad
DINNER
Tomato Canapés
Tuna Fish in Cucumber Jelly
Potato Chips Green Peas
Blackberry Roll

Tuesday

BREAKFAST

Fruit Compôte
Bacon Rolls Grilled Tomatoes
Toast Coffee
LUNCHEON
Cold Sliced Homemade Headcheese
Lettuce Sandwiches
Iced Fruit Tea Cookies
DINNER
Jellied Vegetable Bouillon
Cheese Timbales String Beans
Egg and Romaine Salad
Raspberry Tart

Wednesday

BREAKFAST

Blueberries
Scrambled Eggs with Peas
Hominy Gems Coffee
LUNCHEON
Grilled Sardines on Savory Toast
Watercress
Frosted Currants Sponge Cake
DINNER
Bisque of Tomato Soup
Cold Sliced Beef Roll with Dressing
Spiced Grapes Spinach
Frozen Raspberries

Thursday

BREAKFAST

Blackberries Moulded Cereal
Cinnamon Toast Radishes
Coffee
LUNCHEON
Combination Sandwiches
Grape Jelly Cup Olives
Raspberry Shortcake
DINNER
Cold Veal Kidney Pie
Mashed Potatoes Carrots and Peas
Watercress and Pimiento Salad
Sliced Pineapple Cookies

Friday

BREAKFAST

Stewed Plums
Creamed Chipped Beef
Corn Bread Coffee
LUNCHEON
Frozen Cheese Salad
Hot Biscuits Iced Tea
Raspberries
DINNER
Bouillon in Cups
Curried Canned Lobster
Finger Rolls Potato Chips
Rice Pudding with Fruit Sauce

Saturday

BREAKFAST

Pears
Browned Vegetable Hash
Hominy Gems Coffee
LUNCHEON
Stuffed Eggs with Lettuce
Thin Rye Bread and Butter
Fruit Punch Gingerbread
DINNER
Corn Soup
Pickled Lamb Tongues Potato Balls
Stewed Tomatoes
Cucumber Salad Raspberry Shortcake

Sunday

BREAKFAST

Stewed Rhubarb
Coddled Eggs Toast
Watercress Coffee
LUNCHEON OR SUPPER
Crab Meat and Cucumber Sandwiches
Iced Ginger Ale
Chocolate Cookies Raspberries
DINNER
Green Pepper and Olive Canapés
Moulded Chicken Loaf
Creamed Potatoes
Green Peas and Carrots
Peach Dowdy Foamy Sauce

-:- An Open Invitation to Institute Readers -:-

IN THE centre of the great open room which comprises the eighth floor of the Bush Terminal Building on West Forty-second Street a little white cottage has recently been erected which is of special interest to readers of the Tribune Institute, for here, under one roof, may be seen many of the household appliances and labor-saving devices which have been described and pictured in the pages of the Institute, "at work," so to speak.

The exterior of the little building is most attractive, with its spotless white walls and green shutters and its lattice-covered porch over which pink roses climb, but the interior is even more alluring from the standpoint of the housekeeper, for here she may become really acquainted with all sorts of fascinating things which up to this time she has merely "known by sight." It matters not if she be a dweller in a city apartment where her housekeeping is carried on in a tiny kitchenette or the mistress of a house which boasts a full-fledged kitchen, she is sure to find utensils and labor-saving

appliances which will fill a long-felt want. The little cottage contains four rooms, a model bathroom with the latest porcelain fittings, a tiny office for the presiding genius of the place, and a modern, up-to-date kitchen and a laundry with all the latest devices. Nothing is for sale; the cottage is

just the right height for comfort, a point for which housekeeping experts have been fighting for years. There is a new style of dishpan with a plug in the bottom and a little wire tray underneath catches the crumbs and keeps them from clogging up the sink. Beside the sink is the electric dishwasher that washes and dries

semicircular in shape, so that there are no corners to be cleaned, and which is emptied easily by swinging it on its axis.

An instantaneous heater guarantees "hot water while you wait." There is an elaborate kitchen cabinet filled with all sorts of the latest inventions in the way of egg-beaters, mayonnaise mixers, and so on.

There is an "ambidextrous" electric ice-cream freezer which cleans the family silver or brass and also freezes the dessert.

For those who are not blessed with electricity there is the latest combination range for gas or coal, and beside it are two of the newest wireless cookers.

In a cabinet which runs along one side of the room one may see a number of the smaller electrical cooking utensils, including the waffle iron and the big, round oven

coffee grinders and many new and wonderful inventions of which we have read but have never before seen in actual operation.

And the laundry is no less complete than the kitchen. A big hot-water heater supplies the big porcelain tubs, an electric washing machine and wringer washes and wrings a heaping tubful of clothes in from twenty-three to twenty-five minutes, so that they are ready for the dryer, which, by the by, is another marvellous invention. It consists of two long, narrow, galvanized iron cupboards fitted with racks on which the clothes are hung. A laundry stove which burns either coal or gas supplies a current of hot air which circulates through these cabinets and dries the clothes "bone dry" in from thirty to forty minutes.

For a less expensive manner of

least, the big ironing machine was the most interesting feature of the laundry. This bears a strong family resemblance to the old, familiar mangle, but there the relationship ends, for the most elaborate embroidery and the finest damask after being put under the big cloth-covered cylinder come forth looking exactly as if they had been carefully ironed by hand, and it is all done in a twinkling of an eye; in point of fact, a tablecloth which it would take at least thirty minutes to iron by hand is turned out smooth and shiny and without a

vestige of a wrinkle in exactly three minutes. As F. P. A.'s friend "Dulcinea" would say, "we certainly live in a wonderful age!" I can't begin to tell you all of the interesting things Mrs. Croy has to show you. This is merely to whet your curiosity so that you will go in and see them for yourself. There is always some one in attendance who will be delighted to act as guide and demonstrator and the readers of The Tribune Institute may be assured of a particularly cordial welcome.

New Old Ways to Use Up the Berries

By FLORENCE SPRING

THE farmer's wife had invited me to come in and "wait" on the shady back piazza leading into the homey kitchen while the men folks talked business in the fields. Appetizing odors issued from the oven and presently a plateful of the most delicious "berry biscuit" was brought out, and I was hospitably urged to sample them. They were not in the least dainty as regards size (one was glad of that), but generous, puffy and altogether delectable. "You see, mother always used to make these plain berry biscuits for us; and my children and men folks think nothing goes ahead of them," was the recommendation that went with the recipe. And here it is, with variations:

Berry Biscuit

One quart of flour, with four teaspoonfuls of baking powder sifted into it and one teaspoonful of salt. Work in with the fingertips three tablespoonfuls of shortening and add two tablespoonfuls of sugar, a pint of berries and a sprinkling of nutmeg if liked. Cut in lightly with a knife enough milk to roll. Roll lightly on a floured board until about three-fourths of an inch thick; cut with a large round biscuit cutter and pack closely in a greased pan. Brush with milk and bake quickly. Rub a bit of butter over the tops when taken from the oven.

I have experimented with this rule and use it in several different ways. If you wish dainty tea biscuit, roll thinner, cut with a smaller ring and sprinkle with sugar after buttering. If you want berry bread (and the children like it very much, sliced and buttered, for luncheon, or supper) bake the dough in a loaf, smoothing over the top with a wet knife; let it cool and use as an ordinary bread, for variety. If you want a substantial meatless dish for supper do not cut the dough in rounds, but place it, rolled into an oblong sheet about half an inch thick, in a buttered baking pan, crease lightly in squares with the back of a

knife, and bake quickly. Split each piece lightly, pile loosely on a hot platter and serve with a cream sauce. If you prefer, pour all of the sauce over the piled shortcake in a deep dish; but, I pray you, serve immediately, as your fair sauce must not become clouded with the berry juice.

A substantial salad or soup preceding, or a fruit salad or some jelly concoction with cheese after, makes an enjoyable summer meal.

One other variation of this recipe is to make the dough soft enough to pour, and bake in gem pans as berry muffins.

Buttermilk Pudding (Old Recipe)

To one pint of buttermilk or sour milk (if you use the latter add a tablespoonful of melted butter or two tablespoonfuls finely chopped suet) add one teaspoonful salt and same amount of soda dissolved in a tablespoonful of water. Beat into milk until it foams. Add enough flour to make a stiff batter, and mix in one cup of blueberries before all of the flour is used. Put in a buttered brown bread mould and steam about two hours. Serve with a hot liquid sauce.

The Farm Berry Pudding

A quart of flour, two teaspoonfuls cream of tartar, one of soda, one of salt, a little nutmeg, and about a pint of berries, which stir in lightly. Then add milk enough to make the mixture of the consistency of rather soft baking powder biscuit dough. Steam two and one-half hours in a pudding boiler. Three teaspoonfuls of baking powder may be substituted for the soda and cream of tartar, but I give the recipe as it appears in my old, written cookbook.

An excellent, although economical sauce to use with these two recipes is as follows: Three tablespoonfuls of sugar mixed with one tablespoonful of flour; add one tablespoonful of soft butter and two of molasses, and a sprinkling of nutmeg. Cream all to-

The model cottage that lives in the Bush Terminal Building

not a retail salesroom but a show-room for wholesale buyers, like all the other exhibits in the building but, through the courtesy of Mrs. Homer G. Croy, who is the hostess of the little building, the Tribune Institute extends to its readers a most cordial invitation to visit the exhibit and see the labor-saving devices in use.

The kitchen is a most inviting room in which to spend an hour. Its walls are yellow, the woodwork is white and at the casement windows hang curtains of green and white checked gingham, which, as you know, will wash like cotton-cloth.

Here is the very latest thing in electric ranges, and, although Mrs. Croy tries her best not to show favoritism or partiality toward any of the articles in her exhibit, there is a peculiar gleam in her eye as she calls one's attention to this "wonder-stove" and an enthusiasm in her voice as she explains that meat roasted in this oven requires no basting, which proclaims the fact that this is really "teacher's pet."

The white porcelain sink is of

Where many Institute tested household appliances may be seen at work

a hundred dishes in three minutes. A white enameled cabinet hanging over the sink holds the extra supply of soap, washing powder, ammonia and the like. There is a new style of garbage can under the sink which is made of galvanized iron, which fits over the electric grill and enables one to cook in two or three different ways at the same time, and or which Mrs. Croy tells me she can bake the very best shortcake in the world.

There are bread and cake mixers, drying there is a wooden frame fitted with pulleys on which the clothes may be hung and the whole thing pulled up overhead, where it will not interfere with one's comfort. But, after all, to my mind at

Berry Popovers

One egg (well beaten), one cup of milk, one cup of flour, a little salt, and about one-fourth cup of huckle or blue berries. Beat egg well and add half of the milk and the flour, beat thoroughly again and add rest of milk. Beat again, and lastly add the berries. Use the Dover egg beater for mixing, instead of a spoon. Bake in well buttered, deep gem pans in a hot oven.

(Heat pans on the stove before putting in the butter.)

These are nice also served as a pudding, with a hard or soft sauce.

Sour Milk Berry Griddle Cakes

One pint sour milk with one teaspoonful of soda dissolved in it. Beat until it foams; add half a teaspoonful salt, one tablespoonful sugar, a tablespoonful melted shortening and enough flour to make of right consistency to drop. Then add from one-half to three-fourths cup of floured berries.

Try one cake on the hot griddle to test the consistency. Sweet milk may be used, with two teaspoonfuls of baking powder instead of the soda.

Berry Corn Muffins

To one egg, well beaten, add one-fourth cup sugar and beat again. Use two tablespoonfuls melted shortening (or three if liked very short), one-half teaspoonful salt, one cup of milk, three-fourths cup granulated Indian meal, one and one-fourth cups flour, two teaspoonfuls baking powder, and three-fourths cup floured berries.

Plums Preserved In Jams and Chutney

By MARGARET HAMELIN

PLUMS (save for jelly-making) should be fully ripe before they are preserved. The flavor is then better and they are more juicy and meaty.

Plum Conserve

Remove the stems from a peck of damson plums and also the pits. Place the fruit in a graniteware kettle with alternate layers of sugar (five pints) and add the grated rind and juice of two lemons, the juice and rind of three oranges and two pounds of seeded raisins chopped fine. Let stand for five or six hours and simmer over a moderate heat until thick and jellylike. Seal as for jelly. If desired, chopped nut meats may be substituted for part of the raisins.

Green Gage Jam

Wash the plums, remove the pits and for each quart of the prepared fruit add a pint of sugar dissolved in a very little water, brought to a boil, and skim. Add the fruit and cook down slowly until quite thick. Store in jelly glasses and cover with paraffine when cold.

Baked Damson Plum Preserve

Measure out equal amounts of plums and sugar and remove the pits from the fruit. Place both fruit and sugar in layers in a stone crock and squeeze over all the juice of two lemons. Cover the jar and cook in a moderate oven without stirring for three hours. Store as in the previous recipes.

Plum Butter

The deep purplish plums with veins of red under the skin are the best for making butter. Remove the pits from the fruit, place in a preserving kettle and add just enough water to prevent scorching. Cook slowly until the skins burst and the juice runs freely, then press through a colander. For one quart of the pulp allow a pint of heated sugar, ground cinnamon and mace to suit

the individual taste, and simmer, stirring frequently, until very thick. Be very careful that it does not scorch.

Plum Jelly

Remove the pits, add just enough water to keep from scorching until the juice runs freely and cook until very soft. Drain in a bag, add to the juice (one pint) the strained juice of one lemon and cook for twenty minutes longer. Have ready the same amount of heated sugar as strained plum juice, add to the boiling juice and cook, skimming frequently, until it jells when tried on a plate. Plums not quite ripe should be used for jelly, and the wild variety gives a most delicious product.

Plum Chutney

Stone and chop four ounces of raisins and add three ounces each of chopped onions and garlic and two ounces of crushed mustard seed. Pound these in the chopping bowl with the potato masher to a smooth mass. Place in a preserving kettle fourteen ounces of stoned plums, add two cupsful of vinegar, five cups of sugar, half a teaspoonful of salt and a quarter of a teaspoonful of paprika. Cook until the fruit is very soft; mash in the syrup and gradually beat in the raisin mixture with a teaspoonful of ground mixed spices. Fill tiny self-sealing glass jars to overflowing and seal as for canned fruit.

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